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Hair and Nails
Lasers

Oral

HAIR REDUCTION WITH INTENSE PULSED LIGHT - IS IT PERMANENT? - A 5-10 YEARS FOLLOW-UP INVESTIGATION GIVES THE ANSWER

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Long-term hair removal has often been demonstrated using lasers and non-coherent light sources, but until now permanent hair removal has been difficult to claim due to the long growth / rest cycle of normal human hair follicles.

Objective: To investigate if hair reduction with Intense pulsed light (IPL) could be claimed permanent.

Methods: Patients with dark hair and skin type II-IV were treated with intense pulsed light IPL (Ellipse Flex-emitting 600-950 nm) 3-7 times (Avg.: 4.4) with 1-2 month interval. Counting of the hair follicles was done with a computer imaging system before treatments, and again 5-10 years after treatments of chins, upper lips and bikini lines.

Results: After an average follow-up time of 7.7 years (SD.: 1.9 years), 86% of the patients obtained hair reduction of 53% (SD.: 21%) compared to 60% (SD.: 23%) by end of the treatment. In 14% of the patients no hair reduction could be registered at the follow-up.

Conclusion: The present study showed that for 86% of the patients IPL treatment is both efficient and permanent.

Keywords : Hair removal, Permanent, Intense Pulsed Light, Long-term follow-up

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